

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



March 2007

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815

<http://www.ksc.nasa.gov/groups/few/>

President's Message *Sandy Eliason*



Greetings! I was fortunate enough to be able to attend the Chapter Presidents Leadership Forum in Washington, DC. The theme "Training for Tomorrow's Future Leaders," was exciting and inspirational. Space Coast's own Becky Fasulo gave a wonderful overview on membership and chapter organization as well as being very involved in the organization of the event. And since this training was just prior to the Semi-annual Board Meeting, Karin Biega attended also, and worked with Chapter Presidents on their bylaws.

Can you believe it. Another Annual Training Program for Space Coast Chapter has come and gone. What a great job Connie Dobrin, Marlene Satterthwaite and their entire team did in organizing and coordinating this event. We had over 400 attendees once again and I have heard some great comments from some of the attendees. Thanks to all the Team Members who made this so successful.

Some of our chapter members will be traveling to the Regional Training Program (RTP) in Louisville, KY this week. Wish I was one of them but alas, was not able to make this trip. So I look forward to sharing their experiences with them when they return. And Congratulations to Charlotte Becker, our Jane Eitel Scholarship winner, who is attending the RTP this week. Hope you all learn a lot and have fun.

As always I look forward to seeing you all at our next meeting.

Programs *Marlene Satterthwaite*

Here are our upcoming programs and events.

WHAT: FEW ATP/Business Meeting
WHEN: Wednesday - 3/28/07
TIME: Get there between 4:30 - 5:00 pm
WHERE: Ryan's Portside Bar & Grill (formerly Frankie Wings) 555 Glen Cheek Drive
Port Canaveral, FL 32939
Ph #799-4349

** ATP committee chairs please be prepared to present ATP report and lessons learned. A committee report of instructions "how to" chair/lead your respective committee would be appreciated to enable the next committee chair to follow in the future. Please forward this report to Connie Dobrin and me.

mike-connie@oleanderpoint.com
marlene.e.satterthwaite@nasa.gov

We look forward to seeing you at our monthly meetings and value all your inputs that keeps our Chapter running so smoothly.

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Sunshine Committee

Eva Coffman

Happy Birthday!

A special Happy Birthday to the following Chapter member(s)

Clara Anderson	March 16
Selyna Hopkins	March 19
Jean Grenville	March 29

Space Coast Chapter Congratulations are extended to **Charmel Anderson** on her upcoming wedding and also for being selected as Employee of the Month! Double Congratulations, **Charmel!**

Please notify me (639-4881) or Becky Fasulo (636-8525 or beckyjf@yahoo.com) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

5 THINGS YOU NEVER KNEW YOUR CELL PHONE COULD DO

Submitted by Jim Hall



There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

FIRST Emergency

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile; network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it out.

SECOND

Have you locked your keys in the car?

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk).

THIRD

Hidden Battery Power

Imagine your cell battery is very low. To activate, press the keys *3370# . Your cell will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell next time.

FOURTH

How to disable a STOLEN mobile phone?

To check your Mobile phone's serial number, key in the following digits on your phone: * # 0 6 # a 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it, can't use or sell it either. If everybody does this, there would be no point in people stealing mobile phones.

And finally....

FIFTH

Free Directory Service for Cells

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a

telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE 411, or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.

FEW Annual Training Program (ATP) *Connie Dobrin*

Well – we did it again. Another successful Annual Training Program. What a great team I had to work with. I especially want to thank my Co-chair, Marlene Satterthwaite for taking charge and keeping things going when I was not available.

If I listed everyone that helped pulled this event together I would take up a whole page, so please know that I Thank You all for whatever part you played in making the 2007 ATP a success.

Our next team meeting will be March 28th, gather between 4:30 and 5:00 pm, at Ryan's Portside Bar & Grille. It will be a Wrap-up and Lessons Learned and will be a part of the normal March business meeting.

ATP Chairs should submit their final report, including a committee "To Do List", lessons learned, and recommendations for next year's committee to me and Marlene prior to the meeting.

Again, THANKS for all your support.

Membership *Charmel Anderson*

Reminder – If you haven't paid your Chapter dues yet, you are late but can still pay them to keep you Membership in FEW in a "Good Standing" status. Dues can be paid by cash, check, credit card, or money order. If you plan to pay your dues by credit card, please contact Clara Anderson at 321-867-2087. If you are submitting a check or money order, please make it payable to "FEW" and on the memo line, please state "2007 SCC FEW dues." Please submit your checks to me so that as I receive the money, I can log it on the membership renewal form that I have to submit to FEW National. After I log you into my renewal sheet, I will then forward the checks/money to our chapter treasurer.

For those that are on the NASA/KSC base, all correspondence can be sent to mailcode: **SA-D1, Attn: Charmel Anderson**. For those that are not on base, please mail dues to:

FEW
P.O. BOX 21201
Attn: FEW Membership
Kennedy Space Center, FL. 32815

Thanks for your support and here's to another great year with FEW!!!

P.S. - If you know of any others that would like to join that are not currently members, please have them submit their dues in the same manner as renewing members would and have them fill out the "New member application" that is attached to the Newsletter.

Differences Between Men and Women

Offspring: Ah, children. A woman knows all about her children. She knows about dentist appointments and romances, best friends, favorite foods, secret fears and hopes and dreams. A man is vaguely aware of some short people living in the house.

And Thought For The Day: Any married man should forget his mistakes. There's no use in two people remembering the same thing.

Cultural Diversity *Muzette Fiander*

Working for a Younger Boss
By Mary Lou Quinlan

Can the generation gap be bridged when our jobs depend on it?

You head to work on a Monday morning knowing you're about to meet the new boss. Is your stomach doing flip-flops? No? What about learning that your new boss is named Heather and that she is barely 30? Welcome to the brave new world of working for a younger boss -- sometimes much younger -- just as we're hitting our career stride.

As a generation, we owned the turf of being the first and the youngest. A lot of us found it

addictive; I know I did. At 21, I was the youngest woman in my university's administration; at 32, the youngest head of advertising for Avon. At 39, I was one of the youngest women ever named CEO of a national ad agency. I still live in a bubble of disbelief that I'm no longer the prodigy, even though my business partners max out at 32. But Generation X, and now Y, are hot on our heels, and inevitably, we find ourselves reporting to them. Does this mean we've lost our brash edge, or worse, hit the top of our curve?

To read more on this article go to:

<http://more.com/more/story.jsp?storyid=/template/data/more/story/data/1147457715021.xml>

Taken from More Magazine

Women's History Month, 2007

A Proclamation by the President of the United States of America

Throughout our history, the vision and determination of women have strengthened and transformed America. As we celebrate Women's History Month, we recognize the vital contributions women have made to our country.

The strong leadership of extraordinary women has altered our Nation's history. Sojourner Truth, Alice Stone Blackwell, and Julia Ward Howe opened doors for future generations of women by advancing the cause of women's voting rights and helping make America a more equitable place. In 1855, Dr. Mary E. Walker became one of the first female physicians in the country. Dr. Walker volunteered her medical services during the Civil War and became the only woman in United States history to receive the Medal of Honor. Vivian Malone Jones stood her ground in the face of a great injustice and helped integrate the University of Alabama, breaking down racial barriers to higher education and becoming the school's first African-American graduate.

Our Nation is a land of great opportunity, and women are seizing that opportunity and shaping the future of America in all walks of life. A record number of women are serving in the halls of Congress, and the number of women-owned

businesses continues to grow. The women of our Armed Forces are making a vital contribution to our Nation's security by serving the cause of freedom and peace around the world. And by giving care and guidance, America's mothers are helping to build the foundation for the success of our Nation's children and strengthening the character of our country. This month, we honor the spirit, leadership, and hard work of American women.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim March 2007 as Women's History Month. I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities that honor the history, accomplishments, and contributions of American women.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-seventh day of February, in the year of our Lord two thousand seven, and of the Independence of the United States of America the two hundred and thirty-first.

GEORGE W. BUSH

For more information on Women's History Month, please visit the National Women's History CyberMusuem at www.nwhm.org.

"The women of this country ought be enlightened in regard to the laws under which they live, that they may no longer publish their degradation by declaring themselves satisfied with their present position, nor their ignorance, by asserting that they have all the rights they want."

Elizabeth Cady Stanton (1815-1902),
a social reformer and women's suffrage leader

Government News & Legislation

Arden Belt



On February 15, the House Foreign Affairs Committee approved, by voice vote, a resolution (H. Res. 149) supporting the goals of International Women's Day.

Bills Introduced

Abortion

H.R. 1094----Rep. Ron Paul (R-TX) / Judiciary (02/15/07)---A bill to provide that human life shall be deemed to exist from conception.

Child Protection

H.R. 1004----Rep. Lynn C. Woolsey (D-CA) / Judiciary (02/12/07)---A bill to authorize the Attorney General to make grants to improve the ability of state and local governments to prevent the abduction of children by family members.

S. 627----Sen. Tom Harkin (D-IA) / Judiciary (02/15/07)---A bill to improve the health and well-being of maltreated infants and toddlers through the creation of a National Court Teams Resource Center to assist local court teams.

H.R. 1118----Rep. Ric Keller (R-FL) / Energy and Commerce, Judiciary (02/16/07)---A bill to enhance criminal penalties for drug trafficking offenses relating to distribution of heroin, marihuana, and methamphetamine and distribution to and use of children.

H.R. 1120----Rep. Mark Steven Kirk (R-IL) / Energy and Commerce (02/16/07)---A bill to require recipients of universal service support for schools and libraries to protect minors from commercial social networking websites and chat rooms.

Education

H.R. 990----Rep. George Miller (D-CA) / Education and Labor (02/12/07)---A bill to provide all low-income students with the same opportunity to receive a Pell Grant by eliminating the tuition sensitivity provision in the Pell Grant program.

S. 556----Sen. Edward Kennedy (D-MA) / Health, Education, Labor, and Pensions (02/12/07)---A bill to reauthorize the Head Start Act.

Family Planning

H.R. 1095----Rep. Ron Paul (R-TX) / Energy and Commerce, Foreign Affairs (02/15/07)---A bill to prohibit any federal official from expending any federal funds for any population control or population planning program or any family planning activity.

H.R. 1074----Rep. Timothy Ryan (D-OH) / Education and Labor, Energy and Commerce, Ways and Means (02/15/07)---A bill to provide for programs that reduce the number of unplanned pregnancies, reduce the need for abortion, help women bear healthy children, and support new parents.

Family Support

S. 661----Sen. Hillary Rodham Clinton (D-NY) / Finance (02/16/07)---A bill to establish kinship navigator programs and to establish guardianship assistance payments for children.

Foster Care

H.R. 1104----Rep. Pete Stark (D-CA) / Ways and Means (02/15/07)---A bill to ensure that foster children are able to use their social security and supplemental security income benefits to address their needs and improve their lives.

Health

S. 573----Sen. Debbie Stabenow (D-MI) / Health, Education, Labor, and Pensions (02/13/07)---A bill to improve the prevention, diagnosis, and treatment of heart disease, stroke, and other cardiovascular diseases in women.

H.R. 1031----Rep. Maxine Waters (D-CA) / Energy and Commerce (02/13/07)---A bill to authorize grants to provide treatment for diabetes in minority communities.

H.R. 1032----Rep. Maxine Waters (D-CA) / Energy and Commerce (02/13/07)---A bill to authorize grants for treatment and support services for Alzheimer's patients and their families.

S. 600----Sen. Gordon Smith (R-OR) / Health, Education, Labor, and Pensions (02/14/07)---A bill to amend the Public Health Service Act to establish the School-Based Health Clinic program.

S. 612----Sen. Olympia Snowe (R-ME) / Health, Education, Labor, and Pensions (02/15/07)---A bill to improve the health of women through the establishment of Offices of Women's Health within the Department of Health and Human Services.

S. 624----Sen. Barbara Mikulski (D-MD) / Health, Education, Labor, and Pensions (02/15/07)---A bill to provide waivers relating to grants for preventive health measures with respect to breast and cervical cancers.

S. 633----Sen. Norm Coleman (R-MN) / Health, Education, Labor, and Pensions (02/15/07)---A bill to provide assistance to rural schools, hospitals, and communities for the conduct of collaborative efforts to secure a progressive and innovative system to

improve access to mental health care for youth, seniors and families.

International

H. Res. 175----Rep. Madeleine Bordallo (D-GU) / Foreign Affairs (02/16/07)---A resolution honoring the Institute of the Sisters of Mercy for 175 years of ministry, service, and efforts toward helping individuals, especially women and children, overcome challenges that keep them from living full and dignified lives.

Judiciary

H.J. Res. 31----Rep. Jesse L. Jackson (D-IL) / Judiciary (02/13/07)---A joint resolution proposing an amendment to the Constitution of the United States relating to equality of rights and reproductive rights.

Military

H.R. 1115 ----Rep. Tom Latham (R-IA) / Armed Services (02/16/07)---A bill to provide additional options regarding the designation of the person to receive the death gratuity paid with respect to a member of the Armed Forces who dies without a surviving spouse, but who is survived by a minor child.

Miscellaneous S. 597----Sen. Dianne Feinstein (D-CA) / Homeland Security and Governmental Affairs (02/14/07)---A bill to extend the special postage stamp for breast cancer research for 2 years.

Social Security

H.R. 1090----Rep. Ron Lewis (R-KY) / Budget, Rules, Ways and Means (02/15/07)---A bill to preserve and strengthen the Social Security program through the creation of personal social security guarantee accounts ensuring full benefits for all workers and their families, restoring long-term Social Security solvency, to make certain benefit improvements.

H.R. 1162----Rep. Nita M. Lowey (D-NY) / Ways and Means (02/16/07)---A bill to repeal the 7-year restriction on eligibility for widow's and widower's insurance benefits based on disability.

H.R. 1159----Rep. Nita M. Lowey (D-NY) / Ways and Means (02/16/07)---A bill to provide for full benefits for disabled widows and widowers without regard to age.

WebLink of "Directory of Selected Organizations Working on Women's Issues"
<http://www.womenspolicy.org/Organizations%20Directory.pdf>

ENVIRONMENTAL

Martha Carroll

REDUCE, REUSE, RECYCLE

Do You Know Your Percentages?

The following represents the composition of waste materials in a typical household trash can.

Waste	10%
Recoverable	5%
Reusable	5%
Recyclable	60-80%

There are many opportunities to use our waste more wisely. The three Rs point us in the right direction: **Reduce**; **Reuse** and **Recycle**.

The biggest dent you can make to your personal waste mountain is to home compost. If this is not practicable, be sure to participate in your local recycling programs at home and at work.

Waste management is how we handle, treat and dispose of the waste we produce. Sustainable waste management is the new buzz term meaning waste is treated as a resource rather than just rubbish. Our throw-away culture is risking people's health and squandering the world's natural resources. Prioritizing recycling and investing in waste reduction would go a long way to solving the waste crisis.

NASA NEWS

Submitted by Vickie Hall

Space Shuttle Atlantis is in the Vehicle Assembly Building for assessment and repairs due to a late February thunderstorm with hail.

Workers positioned platforms around the shuttle to allow for inspections and repairs to hail-damaged areas. Some foam sanding has begun in the nose cone area of the tank.

Inspections are finished for the solid rocket boosters and nearly complete for the orbiter, with 20 of 28 hail-damaged areas, all on the left side of the vehicle, already repaired.

A new target launch date has not been determined, but teams will focus on preparing Atlantis for liftoff in late April.

Mission STS-117 to the International Space Station will be scheduled sometime after a Russian Soyuz spacecraft returns from the station. The Soyuz is delivering new station crew members and returning

others to Earth in late April. Adequate time is needed between the Soyuz undocking and the shuttle's arrival to the station.

During the 11-day mission, the six-member crew will install a new truss segment, retract a set of solar arrays and unfold a new set on the starboard side of the station. Lessons learned from two previous missions will provide the astronauts with new techniques and tools to perform their duties.

Atlantis Commander Rick Sturckow, Pilot Lee Archambault and Mission Specialists Jim Reilly, Patrick Forrester, Steven Swanson and John "Danny" Olivas will continue training at NASA's Johnson Space Center in Houston as they await a new target launch date.

The STS-117 flight crew will return to Kennedy Space Center a few days before launch.

Community Outreach

Sandra Gettler



Just a note to remind you that Friday, March 16th will be delivery day for Baxley Manor. Remember these folks are on food stamps and any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

Although Aneta continues to coordinate from off center and is present at each delivery, I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, and Carol Moore HQ 3490 can take your contributions and items. I am in EDL 203 and can coordinate a pick up from you if you call or email me.

Here is the list...suggestions

Needed Items

Small cans of vegetables & fruits
Jell-O & pudding snacks
Graham crackers, Saltine crackers
Any meat or meal in a can with the flip top lid...
Canned meats, chicken tuna and beef stew

Personal Items

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)
Toothbrush, toothpaste, mouthwash
Hand lotion, hair spray, mousse or gel, comb/brush
Razor, Nail files, clippers, Socks, stockings, earrings
Reading material such as books or magazines

Thanks again for your support of this worthy cause.

Helping Hands in the U.S.

Submitted by Ana Contreras

Women's shelters in the U.S. go through thousands of feminine hygiene products monthly. The women in these shelters are generally responsible for purchasing these products on their own. As a community service, Seventh Generation, a "green" paper products and cleaning products company out of Vermont, will donate a box of sanitary products to a women's shelter located in the state of each person that visits their web site: <http://www.tampontification.com/donate.php>. This is a free and easy way to help some women that are going through a very difficult time.

Scholarships

Aneta Ott

The first thing I would like to report is that the Jane Eitel Scholarship was won by Charlotte Becker to attend the Regional Training Program in Louisville in March. She did a wonderful job on her application and we are very proud of her and know that she will represent us well.

On February 15, Sandra Eliason and I attended the first Institutes for Business Training & Community Education (IBTCE) meeting at Brevard Community College. This group consisted of about 20 people representing all aspects of the Community. This advisory Committee was formed to make the Community aware of the resources for personal growth and to help generate donations for students who need to take classes for various reasons.

We also learned that 49 students have received assistance through our Scholarship fund and that we (FEW) were the only ones that helped in this area. Some of the classes that these students took were Intro to Computers, Excel for Seniors, Basic Computer 1, Microsoft Word as well as many others.

Virginia Keasler is the Coordinator for Career and Family Success. She works closely with the Women's Center, Job Link and Vocational Rehab to help find resources for people who call for help.

Sandy and I were very impressed with what we learned and strongly believe that we should again this year award BCC another scholarship of like amount. Hope that you will agree.

Dear Space Coast FEW Members,

I want to thank FEW for selecting me for the Jane Eitel scholarship to attend the Regional Training Program in Louisville, KY on March 15-16, 2007. I consider it a great honor to be a part of FEW and I will bring you back a great summary of my training experience in Louisville, KY in next April's Newsletter. I am looking forward to this experience with two of my long time favorite friends, Barb Powell and Becky Fasulo.

Thanks Always, Charlotte Becker.

Summary from an Article from Space Coast Business entitled "Linking Vision & Values" by Eric Wright Submitted by Johanna Velasquez

There are six compass points to consider when evaluating your vision:

- 1) **The Intuitive Compass (Look Within)** – must be a resonance within us that this purpose is what we were made for and that we will do it regardless of the odds. There must be something inside of us that sees beyond inevitable setbacks and obstacles.
- 2) **The Historical Compass (Look Behind)** - - John Maxwell said, "We can't reach for the future until we have touched the past?" We can learn from history as it often will tell us what the future holds and how to get there.
- 3) **The Strategic Compass (Look Around)** – Confidence in the vision is not a substitute for a plan; it is an incentive to get a sound one.
- 4) **The Directional Compass (Look Ahead)** – We must take steps to move toward our goals, and usually the first one is the most difficult. We cannot win without beginning. We can be inspired, but unless we take action, the dream will evaporate.
- 5) **The Destination Compass (Look Beyond)** – Our destination is what determines our destiny, and keeping where we want to end up firmly in our minds focuses us on the prize.
- 6) **The Spiritual Compass (Look Above)** – We all need a source of meaning, purpose, values and inspiration that go beyond

ourselves and beyond the limits of time and space.

Success is getting where you want to go while becoming who you want to be.

Note: Eric Wright, the author of the article referenced and summarized here, grew up in Cocoa Beach and began his career in marketing and commercial art before pursuing a pastoral ministry and earning his Masters Degree from the Wagner Institute in Colorado.

Thoughts to Ponder

I've reached the age where the happy hour is a nap.

Be careful reading the fine print. There's no way you're going to like it.



For Your Health

Submitted by Muzette Fiander

Blood: The Gift That Keeps on Giving

Blood donations typically sag during the early part of each year, forcing hospitals to scramble to shore up supplies. In some cases, that even means delaying surgery for some. The slowdown begins with the holiday season, and can take several months to reverse itself. "It's critical year-round for folks to give blood, but during the holiday season, we see a definite drop in appointments," said Sybil Miller, a spokeswoman for the American Red Cross. "But hospitals don't take a vacation. The need for blood never takes a holiday." Jennifer Garfinkel, a spokeswoman for the American Association of Blood Banks, added: "We're encouraging people to make life-saving a habit. One pint of blood can save up to three lives."

About 5 million Americans need blood transfusions each year, according to the Mayo Clinic. Some need blood during surgery, while others depend on it to replace blood lost during an accident or because they have a disease that requires treatment using blood components.

And doctors haven't come up yet with an artificial substitute for human blood. So, physicians need access to the real thing to save lives, and it can only come from donors.

Donors contributed more than 15 million units of whole blood and red cells in 2001, the most recent year for which data are available, according to the National Blood Data Resource Center.

That same year, hospitals in the United States transfused nearly 14 million units of whole blood and red blood cells to 4.9 million patients -- an average of 38,000 units of blood needed on any given day.

But though the demand for blood is high and half of all Americans are eligible to donate, only about 5 percent of those eligible to give blood do so, the Mayo Clinic says. At the same time, the number of transfusions increases by nine percent every year.

Donated blood is processed into three key components: red blood cells, platelets and plasma. Those components can be used to treat a host of injuries and diseases.

Red blood cells are used to treat trauma or surgical patients and can relieve the effects of anemia. Plasma, the liquid part of blood, is given to patients with clotting problems and is used in burn treatment. Platelets clot the blood when cuts or other open wounds occur and are often used in cancer and transplant patients, according to the American Red Cross.

To make matters worse, blood has a limited shelf life. Platelets must be used within five days of donation, according to the Red Cross. Red blood cells may be stored under refrigeration for about 45 days.

Frozen red blood cells can last up to 10 years, but it costs too much to freeze more than a small portion of the blood supply. Plasma is generally frozen and must be used within one year, according to the Red Cross.

If you're going to donate blood, the American Red Cross suggests that before you go in, you should:

- Get a good night's sleep.
- Have a good breakfast or lunch.
- Drink extra fluids to replace the liquid you will donate, while avoiding diuretics like tea, coffee and caffeinated beverages.

- Eat iron-rich foods like red meat, fish, poultry or liver. Beans, iron-fortified cereals, raisins and prunes also help.
- Avoid fatty foods, as tests for infectious diseases done on all donated blood can be affected by lipids. When testing can't be performed, your blood might have to be discarded.
- The day of the donation, wear clothing with sleeves that can be raised above the elbow. Afterward, rehydrate by drinking plenty of fluids and avoid strenuous physical activity for about five hours.

To learn more about donating blood, visit the [American Association of Blood Banks](#).

From the National Women's Health Information Center

Nominations Committee

Jean Grenville

Here we are almost to March of 2007. In past years, the Nominations Committee began their job of selecting a slate of new officers by soliciting candidates, with their consent, for consideration as nominees to run for election in May and presented the slate of candidates at the March Chapter meeting. The bylaws were changed last year to increase the term of office for Space Coast Chapter Officers to two years so there will be no election held this year. The banquet held in June 2007 will be an Awards Banquet for our Member of the Year and Distinguished Service Award. We appreciate the wonderful job the officers and committee chairs are doing this year.

Please consider volunteering as an officer of Space Coast Chapter in the future. We will begin looking for candidates in February 2008 for the 2008 – 2010 term. The elected officers are President, Vice-President for Programs, and Vice-President for Membership, Secretary, Treasurer, and Nominations Committee Chair. These officers, along with the Immediate Past President and the Chairpersons of the Standing Committees, compose the Board of Directors and lead the chapter in their many activities. The Nomination Committee will be happy to assist you with any information you need for consideration for these positions.

Trivia Question

Just how much hot water can fish take?

- A. Pot boilers in Ecuador survive in hot springs approaching 200 degrees Fahrenheit
- B. Desert pupfish found in hot springs of western North America live in temperatures higher than 100 degrees Fahrenheit
- C. Some fresh-water fish can take temperatures up to 80 degrees Fahrenheit without difficulty
- D. Anything over 60 degrees Fahrenheit causes distress

Answer can be found on last page of Newsletter.

Just a reminder you can make a difference every day. Help save lives today with the gift of early detection!

Simply click the "**Fund Free Mammograms**" button at The Breast Cancer Site

<http://www.thebreastcancersite.com/BCSreminder> to help provide free mammograms to underprivileged women.

Got an IDEA?? --

Looking for some NEW Program Topics

Do you have any topic suggestions or contact information - presenter names/phone numbers for future FEW SPACE COAST PROGRAM MEETINGS. Long-Term Care, Investing for Women, Diversity, Cap-Wiz, etc. are a few that have been suggested.

Please send your suggestions to Marlene Satterthwaite @ Marlene.E.Satterthwaite@nasa.gov



Newsletter Vickie Hall

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest for this Newsletter to Vickie Hall, IT-D1, or e-mail at

Vickie.C.Hall@nasa.gov. If you are interested in joining this vital organization, a Membership Application is attached.

Calendar of Events

March

- 1 ATP – Day 2
- 3 FEW Luncheon for Retirees, Black Tulip
- 10 KSC All-American Picnic at KARS Park
- 15 – 17 RTP in Louisville, KY
- 22 Diversity Meeting in Headquarters, call Muzette if you would like to attend
- 26 Chapter Newsletter articles due to Vickie
- 28 ATP-Business Meeting at Ryan's Portside
- 30 Regional Newsletter Articles due to Mary Lou Andres

Work on Regional and National Awards

FEW's Mission Statement

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- encouraging diversity and equity in the workplace
- enhancing career opportunities for women
- establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- improving the quality of life for women by influencing Congressional and Administration actions
- committing to achieve and maintain a unified and diverse membership; and
- providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

FEW'S GUIDING PRINCIPLES From National President Rhonda Trent

Inspire Excellence

We recognize and reward excellence in both our teammates and our services. Our actions and

attitudes should provide positive and motivational examples to our teammates and fellow FEW members.

Expect the Exceptional

Expect the exceptional from our leaders, our teammates and ourselves. We embrace change and innovation. We stand by our commitments and we are accountable for our actions.

Foster Trust and Respect

We create an environment where the perspective of our teammates are heard, listened to and valued. Each person's contribution is valued.

Seek to Connect

We integrate and collaborate across organizational boundaries providing the right information to all who serve so that they may better perform their duties. We promote two-way communication and recognize both good news and bad news will help us accomplish our duties.

Value the Individual

To take advantage of the "best of the best" we leverage the talents of the entire organization. We take time to mentor, develop and empower our people to participate, lead and make decisions. We strive to balance the demanding nature of the organization with time for personal growth and renewal.

FEW=WE not ME

SPACE COAST CHAPTER, FEW 2006- 2008 Officers and Committees

Chapter

President	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Chamel Anderson
Treasurer	Johanna Velasquez
Secretary	Barbara Powell
Nominations Officer	Jean Grenville
Imm. Past President	Dawn Partlow
Compliance	Becky Fasulo
Diversity	Muzette Fiander
Legislative	Arden Belt
Annual Trng Program	Connie Dobrin
Finance	Clara Anderson
Scholarships	Aneta Ott
Newsletter Editor	Vickie Hall
Parliamentarian	Carolyn Burnham
Environmental	Martha Carroll
Community Outreach	Sandra Getter
Sunshine	Eva Coffman
Historian	Ana Contreras
Webmaster	Debbie Ward

Regional

Nominations	Jean Grenville
Compliance	Vickie Hall

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega

YOUR TRIVIA TIDBIT ANSWER:

B. Desert pupfish found in hot springs of western North America live in temperatures higher than 100 degrees Fahrenheit

MEMBERSHIP APPLICATION
FEDERALLY EMPLOYED WOMEN
P. O. BOX 75551
BALTIMORE, MD 21275

Membership ID
Month/Year Joined

LAST NAME

FIRST NAME

MI

ADDRESS 1

ADDRESS 2

CITY

STATE

ZIP CODE + 4

OFFICE PHONE:

HOME PHONE:

FAX:

EMAIL:

GRADE (check)

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> GS-1-4 | <input type="checkbox"/> SES |
| <input type="checkbox"/> GS 5-8 | <input type="checkbox"/> WG |
| <input type="checkbox"/> GS 9-12 | <input type="checkbox"/> Military |
| <input type="checkbox"/> GS 13-15 | <input type="checkbox"/> Other |

FWP/EEO (check)

- | |
|--|
| <input type="checkbox"/> FWP Full-Time |
| <input type="checkbox"/> FWP Part-Time |
| <input type="checkbox"/> EEO |
| <input type="checkbox"/> Other FWP/EEO |

DEMOGRAPHICS

- | | |
|-------------------|-------|
| SEX (M/F) | _____ |
| RACE: | _____ |
| YEARS OF SERVICE: | _____ |
| RETIRED (Y/N): | _____ |

ABOUT THE ORGANIZATION

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees and to any other person supporting the goals and objectives of FEW. More information about the organization is posted on the FEW web site: <http://www.few.org>

Annual National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter members is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

Membership Dues are prorated. Month chosen must match "month/year joined" above.

<input type="checkbox"/> March	\$25.00	<input type="checkbox"/> September	\$12.00		
<input type="checkbox"/> April	\$23.00	<input type="checkbox"/> October	\$10.00	Total National	\$ _____
<input type="checkbox"/> May	\$21.00	<input type="checkbox"/> November	\$ 8.00		
<input type="checkbox"/> June	\$19.00	<input type="checkbox"/> December	\$ 6.00	Total for Chapter	\$ <u>5.00</u>
<input type="checkbox"/> July	\$17.00	<input type="checkbox"/> January	\$ 4.00		
<input type="checkbox"/> August	\$15.00	<input type="checkbox"/> February	\$ 2.00	Check Amount	\$ _____

- ☐ I wish to join the Space Coast (009) Chapter as a member.
- ☐ I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed).
- ☐ I wish to join as a Lifetime Member. Payment of (\$250.00) is enclosed.

****Chapter Info Only******Mail Code:****Birthday (MM/DD):**